

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001

860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

Jennifer Bennett, LMSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary



JULY 2015

See our newsletter online at: <http://www.avonct.gov>

Senior Center Coordinator Message

Happy Summer!! I can't believe it's here. We waited so long for it and we must take time to enjoy it! Don't forget that there's the Town Pool behind the senior center and they have great memberships for seniors!

The senior center is open all summer with our regular hours of Monday through Friday from 9:00 a.m. to 4:00 p.m. Come on in and spend time with us! If you need to get in out of the sun, we're here and we have nice, cold, refreshing water so you stay hydrated!

We are so fortunate to have 2 interns with us. Kathryn, is a Graduate Social Work student at UCONN & Katilyn, is an Undergraduate social work student at CCSU. They're enjoying their time here.

New Program– ***Thankful Tuesdays*** has started! When you come to lunch, you'll learn all about it! Our interns are having fun with this!

Our summer classes have started at the senior center. If you're interested, stop by or call and we can help you sign up.

Rotary of Avon-Canton Annual Picnic is Thursday, July 16th at the Canton Senior Center. Please RSVP by calling 860-675-4355, so there's a seat & food for you! This event is always a HUGE success & space fills up fast.

Thank you again for another great year & I'm excited about what we're going to accomplish this year!! We have Soccer Skills coming this fall– new program!!

Have a safe, happy, healthy & fun Fourth of July!!

Respectfully, Jennifer Bennett, LMSW



Katie Ruez will celebrate her 100th Birthday this month. To honor her, we will be having a Party on Monday, July 20, 2015 at 12:00 p.m. We will enjoy a delicious meal with dessert at the senior center. Kindly RSVP by July 15th. Please call the senior center at 860-675-4355 to sign up.



Katie Ruez is a special lady. Everyone who knows her will agree. She was a wife, is a mother, a grandmother, a great-grandmother, was a teacher in the Avon school system, plays Setback & Cribbage, Wii Bowls, helps the Puzzle Group, cooks (we LOVE her baked beans!), bakes (her breads are delicious), helps out in the kitchen, is a Board Member for the Senior Citizens of Avon private organization, plays Bingo, comes to the senior center at least 3-5 days a week, reads, uses the computer, she is active & involved, she is a friend, a mentor, kind & caring and a gentle soul. We celebrate you, Katie and we Thank You for being a part of the senior center and our lives. We are better for knowing you. Woo! Hoo!!



JULY EVENTS 2015

*Jennifer Bennett, LMSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary
860-675-4355*

Wednesday, July 1, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Wednesday, July 1, 2015 at 12:00 p.m. "Lunch & Learn"

"I Feel So Good, why can't I Cut Back on my Medications?" Governor's House in Simsbury will be here today with a tasty light lunch and we will learn the answer to this question. A Medical staff member will be here to help educate us and inform us in a group setting. Reservations are necessary. Please call the senior center at 860-675-4355 to sign up.

Thursday, July 2, 2015 DRESS DOWN DAY!!!!

Let's celebrate the upcoming July 4th Holiday!!! Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!!

Friday, July 3, 2015 CLOSED FOR JULY 4TH HOLIDAY

Monday, July 6, 2015 "Foot Care"

Dr. Lindsay will be at the Avon Senior Center on the 1st Monday of every month from 9:00 am-12:00 pm for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

Tuesday, July 7, 2015 from 11:30-1:30

"Free Blood Pressure Screening"

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you any have questions, please feel free to call the senior center at 860-675-4355.

Wednesday, July 8, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Wednesday, July 8, 2015 at 12:00 p.m. "Lunch & Learn"

Ayelet Connell-Giammatteo, owner of Integrative Wellness and Physical Therapy is a Physical Therapist and Certified Intergrative Manual Therapist who has been practicing for over 15 years. Her practice integrates a variety of gentle hands on approaches to help people improve and enhance their health and feel better. Come and meet an innovative professional and learn something new! Please call the senior center at 860-675-4355 to sign up.

Thursday, July 9, 2015 at 12:30 p.m.

"How to Stay Safe in Your Home on a Budget"

Hebrew Home Healthcare will be here today to inform us on How to Stay Safe in our Homes on a Budget. We will learn helpful tips and budget friendly ideas to live longer and stay safe in our home environment. You do not want to miss this talk! Please call the senior center at 860-675-4355 to sign up.

Friday, July 10, 2015 at 10:00 a.m.

"Ping Pong"

Ping Pong is so much fun! Come and join us for a game or two or more. If you want to learn, we'll show you. If you're experienced, game on! Please call the senior center at 860-675-4355 to sign up.

Friday, July 10, 2015 at 12:30 p.m.

"Ice Cream Sodas"

Celebrate summer with ice cream sodas!! Feel free to brown bag your lunch & we will enjoy delicious & delightful dessert of ice cream sodas together! Please call the senior center at 860-675-4355 to sign up.

Wednesday, July 15, 2015 at 10:00 a.m.

"Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Thursday, July 16, 2015 from 12:00-1:30 p.m.

"Rotary Club of Avon-Canton Senior Picnic"

Calling all Canton & Avon Seniors!!! You are invited to the Canton Senior Center for a complimentary picnic sponsored & put on by the Rotary Club of Avon-Canton. ****RSVP Required**** Lunch is served at 12 noon & Registration by Friday July 10th is required. Join your friends for some delicious food, live music, friends, entertainment and lots of laughter & fun!! Menu- Hot dogs/Hamburgers, Potato Salad, Baked Beans, Coleslaw, Potato Chips, Ice Cream, Watermelon, Soda/Water/Coffee & Hot tea. Hosted by the Canton Senior Center, in coordination with the Avon Senior Center. Entertainment provided through Cutting Edge Entertainment. Please call the senior center at 860-675-4355 to sign up.

Friday, July 17, 2015 at 10:00 a.m.

"Ping Pong"

Ping Pong is so much fun! Come and join us for a game or two or more. If you want to learn, we'll show you. If you're experienced, game on! Please call the senior center at 860-675-4355 to sign up.

Wednesday, July 22, 2015

"Wii Bowling Tournament"

Woo! Hoo!! Avon Aces are going to another Wii Bowling Tournament!! We wish them well and hope they have fun and enjoy themselves. The team that will represent us will be determined in advance. Get ready with your positive thoughts and encouraging energy! Go Avon Aces!

Wednesday, July 22, 2015 at 10:00 a.m.

"Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Thursday, July 23, 2015 from 4-6 p.m.

"LGBT & Allies Picnic"

Avon Senior Center is hosting a LGBT (Lesbian, Gay, Bisexual, Transgender) & Allies Picnic at Sycamore Park Pavilion, on the senior center property. We're celebrating summer! This event is sponsored by Avon Senior Center with support from Canton & Simsbury Senior Centers. This event is free, but please register. If it rains, we will have the picnic inside the senior center. Fingers crossed for great weather! Please call the senior center at 860-675-4355 to sign up.

Friday, July 24, 2015 at 10:00 a.m.

"Ping Pong"

Ping Pong is so much fun! Come and join us for a game or two or more. If you want to learn, we'll show you. If you're experienced, game on! Please call the senior center at 860-675-4355 to sign up.

Tuesday, July 28, 2015

DRESS DOWN DAY!!!!

Let's celebrate summer!!! Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!!

Wednesday, July 29, 2015 at 10:00 a.m.

"Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.



Bridge– Tuesdays & Thursdays at 12:30 p.m.– Intermediate

Scrabble– Tuesdays at 1:30 p.m.

Shuffleboard– Wednesdays at 10:00 a.m.

Setback– Wednesdays & Fridays at 12:00 p.m.

Ping Pong– Fridays at 10:00 a.m.



Foodie Film Fridays

1:30 PM

Fantastic all-American films and food from area restaurants!

June 19	Jailhouse Rock
June 26	A League of Their Own
July 10	The Monuments Men
July 17	A Streetcar Named Desire
July 24	2pm: ARMY BAND CONCERT, no movie!
July 31	Blues Brothers (part of BLUE MOON day!)
Aug. 7	Apollo 13
Aug. 13	Chef

Air conditioning + snacks from area restaurants + films = a great way to spend a Friday!

Food Films are part of the "All American Summer" and run every Friday, from now until mid-August.

Avon Free Public Library 281 Country Club Road
Avon, CT 06001 860-673-9712



Birthdays

July

Lorraine Foster 17th

Char Hoppe 19th

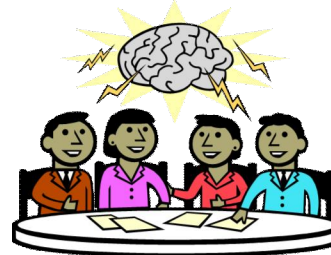
Marilyn Dumas 21st

Katie Ruez 23rd

Ernest Erhardt 31st



Thinking Thursdays



Complete the Puzzle, Answer the Riddle
& Think outside the box!!

Every Thursday during lunch!

Thankful Tuesdays

Bring a smile, share your thoughts
& think positive!

Every Tuesday during lunch!



2015 Summer Classes
(see dates & locations below)

Tai Chi for Seniors - Summer Session I

Date(s) of Class: July 1, 8, 15, 22, 29, August 5

Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Avon Senior Center

Zumba Gold Summer Session I

Date(s) of Class: July 1, 8, 15, 22, 29, August 5

Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Countryside Park

Zumba Gold Summer Session I

Date(s) of Class: June 29, July 6, 13, 20, 27, August 3

Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

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Drawing - Summer Session

Date(s) of Class: July 8, 15, 22, 29, August 5, 12

Day, Time & Location: Wednesdays, 10:00 am - 12:00 pm

Avon Senior Center

Mid-Tempo Summer Session

Date(s) of Class: 06/01/2015 - 09/28/2015

Day(s), Time & Location: M/W, 8:30 am—9:30 am

Avon Senior Center

For more information about registering, classes, and setting up your account please visit:

<http://www.avonct.gov/recreation-and-park-department>

CRT Lunch at the Avon Senior Center

Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the senior center the day before by 12:00 noon. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 donation for persons 60 years of age and over and a mandatory \$5.00 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends.

Thank You

Avon Senior Center Thanks all the Exhibitors, Vendors, Community Providers & Businesses that made our Wellness Fair in April such a success!! We appreciate your kindness, generosity and support for our older adults in the area.

Exhibitors/Vendors— Senior Center, Primary Eye Care, Aetna, River Ridge, Avon Health Center, Ruby Ribbon, FV VNA, Arden Courts of Avon, Fitness Together, October Kitchen, Governor's House, Hebrew Health Care, Kraner & Hess, Fire Department, Village Gate, Liz Azud Insurance Consultant, Hercules Helping Hands, Edible Arrangements, Visiting Angels, Hartford Healthcare, The Gables, Avon Plumbing & Heating and Avon Police stopped by for a visit.

Donations—Starbucks, My Secret Garden, Warner Theatre, The Hair Loft, Garden of Light, New Balance Shoes, Noella Nail Spa, Biker's Edge, Cahoots, Cake Gypsy, Carvel, Big Y, E&D Pizza, Canton Midas, Canton Indoor Golf, Moe's, DaVinci Pizza, Healthtrax, Super Cellar Warehouse, Friendly's, McDonald's, Infinity Hall, Visiting Angels, Fitness Together, Kraner & Hess, Edible Arrangements, Fresh Market, Taste by Spellbound, Aetna, Hercules Helping Hands, Hebrew Healthcare, The Gables, River Ridge, Avon Plumbing & Heating, Avon Old Farms Hotel, Primary Eye Care, Avon Health Center, Good Feet, Arden Courts of Avon, October Kitchen, AAA and Roaring Brook Nature Center.





National Baseball Hall of Fame: Sunday, July 26, 2015 - RT motorcoach transportation Admission to the Baseball Hall of Fame. The Baseball Hall of Fame's mission is to preserve history, honor excellence and connect generations. 1:30 pm Induction Ceremony at the Clark Sports Center Leisure time on Main Street Tour Director. **Cost per adult person: \$94.00, Cost per child under 13: \$84.00**

Boston Duck Tours & Historic Fenway Park: Saturday, August 22, 2015 - Enjoy some of Boston's most popular attractions and sample the wonderful culinary hotspots it offers.

Tour highlights include the Boston Duck Tour, time for lunch at the Prudential Center, a tour of Historic Fenway Park, leisure time at Quincy Market and a tour director. **Cost per person: \$108.00**

Adirondack Hot Air Balloon Festival: Friday, Saturday, Sunday, Sept. 18 thru 20 - Experience the hot air balloon launch from the Floyd Bennett Memorial Airport, Queensbury, NY. The opportunity to view the launching of numerous multicolor balloons is so unique – you won't want to miss it!

Includes round trip motor coach transportation, 2 nights at the Clarion, Lake George, 2 breakfasts at the hotel, The Festival, a lunch cruise on the Lac du Saint Sacrement and a Lake George tour with a local guide. **Cost per person: \$424.00 Triple/Quad, \$434.00 Double, \$574.00 Single, \$314.00 Child/w/adults**

Travel arrangements by Silver Mill Tours. Pick up & drop off point is New Britain Commuter Lot– the lot opposite Target on Route 71 south of West Farms Mall.

Delaney House and the Scenic CT River! Tuesday, Aug. 26, 2015 - Today you will enjoy a delicious lunch at the elegant DELANEY HOUSE in Holyoke, MA. After lunch, relax and enjoy a leisurely RIVER CRUISE along one of the loveliest stretches of the Connecticut River. **Cost Per Person: \$91.00**

Schooner Sailing: Wednesday, Sept. 9, 2015 - Today we will travel northeast to picturesque GLOUCESTER, MA. After our luncheon, we will set sail on the 65-foot SCHOONER, the THOMAS E. LANNON, the first such ship in 50 years to be built at the Essex Shipbuilding Museum Shipyard in Essex, MA. **Cost Per Person: \$122.00**

Naugatuck Valley Railroad & Carousel Museum - Tuesday, October 13, 2015 - All Aboard! We will depart from your area this morning, en route to the historic NAUGATUCK VALLEY RAILROAD train station in Thomaston, CT. Upon arrival, you may briefly visit the Railroad Museum and Gift Shop. We will then board a train featuring vintage passenger coaches with warm and comfy seating. We'll take a leisurely ride showcasing the beautiful fall foliage in the Naugatuck Valley. Sit back, relax, and enjoy the scenery. **Cost per person: \$94.00**

Travel arrangements by Getaway Tours & Cruises. Pick up & drop off points TBD.

For Information & Reservations
Avon Senior Center 860-675-4355

CRT – NUTRITION DEPARTMENT JOB POSTING

TODAY'S DATE: June 18, 2015

POSITION: CAFÉ MANAGER

LOCATION: Avon Senior Center
635 West Avon Road
Avon, CT 06001

HOURS: 6 Hours / Per Week
SALARY: Based Upon Experience.



POSITION SUMMARY: The Café Manager is responsible for serving the noon-time meals to senior diners at our Avon S.C. meal site from 10:00 a.m. to 1:00 p.m., Tuesday & Thursday only. Duties include, volunteer supervision, record keeping, reporting and maintaining food service standards.

QUALIFICATIONS: Experience in Foodservice is preferred. Must be able to work with people, solve problems and work independently. High school diploma or equivalent; One to three months related experience, training or equivalent combination of education and experience.

Please contact Ernesto Rios at 860-560-5833 about this position.



"My Story, My Gift" is a program where older adults are given the opportunity to share their stories in written form, by reading them aloud and/or by having them videotaped to present to their families as a gift. The idea is for seniors to share their stories and put their stories together to be able to keep as a memento and pass down to future generations.



The senior center has information, resources and materials regarding issues facing older adults. If you have any questions, please feel free to call us at 860-675-4355. We're here to help.



JULY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:30 Mid Tempo 10:00 Shuffleboard 12:00 Lunch & Learn 12:00 Setback 1:00 Billiards 2:30 iPad Learning 2:30 Tai Chi 6:00 Zumba Gold—CSP <div>1</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge DRESS DOWN DAY Wear red, white & blue!!! <div>2</div>	CLOSED  Happy 4th July <div>3</div>
8:30 Mid Tempo Cardio Class 9:00 Foot Care 10:00 Wii Bowling 12:30 Mah Jongg 3:30 Zumba Gold—ASC <div>6</div>	9:00 Billiards 9:30 Wii Bowling 11:30 FV VNA Free Blood Pressure 12:00 CRT Lunch 12:30 Bridge 1:00 Wii Bowling 1:30 Scrabble <div>7</div>	8:30 Mid Tempo 10:00 Shuffleboard 10:00 Drawing 12:00 Lunch & Learn 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 iPad Learning 6:00 Zumba Gold—CSP <div>8</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Hebrew Healthcare <div>9</div>	9:30 Billiards 10:00 Ping Pong 12:00 Setback 12:30 Ice Cream Sodas <div>10</div>
8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:30 Mah Jongg 3:30 Zumba Gold – ASC <div>13</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble <div>14</div>	8:30 Mid Tempo 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 iPad Learning 6:00 Zumba Gold– CSP <div>15</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:00 Rotary Picnic in Canton 12:30 Wii Bowling 12:30 Bridge <div>16</div>	9:30 Billiards 10:00 Ping Pong 12:00 Setback <div>17</div>
8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:30 Mah Jongg 3:30 Zumba Gold – ASC <div>20</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble <div>21</div>	8:30 Mid Tempo 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 iPad Learning 6:00 Zumba Gold– CSP Wii Bowling Tournament <div>22</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 4:00 LGBT Picnic <div>23</div>	9:30 Billiards 10:00 Ping Pong 12:00 Setback <div>24</div>
8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:30 Mah Jongg 3:30 Zumba Gold – ASC <div>27</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble DRESS DOWN DAY Celebrate Summer! <div>28</div>	8:30 Mid Tempo 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 iPad Learning 6:00 Zumba Gold– CSP <div>29</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge <div>30</div>	9:30 Billiards 10:00 Ping Pong 12:00 Setback <div>31</div>

RESERVED FOR SPONSORS

Avon Senior Center



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AVON, CONNECTICUT 06001

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